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MOVEMBER RETURNS TO FIGHT PROSTATE CANCER {page 7}



BLACK IS BACK



See Page 3

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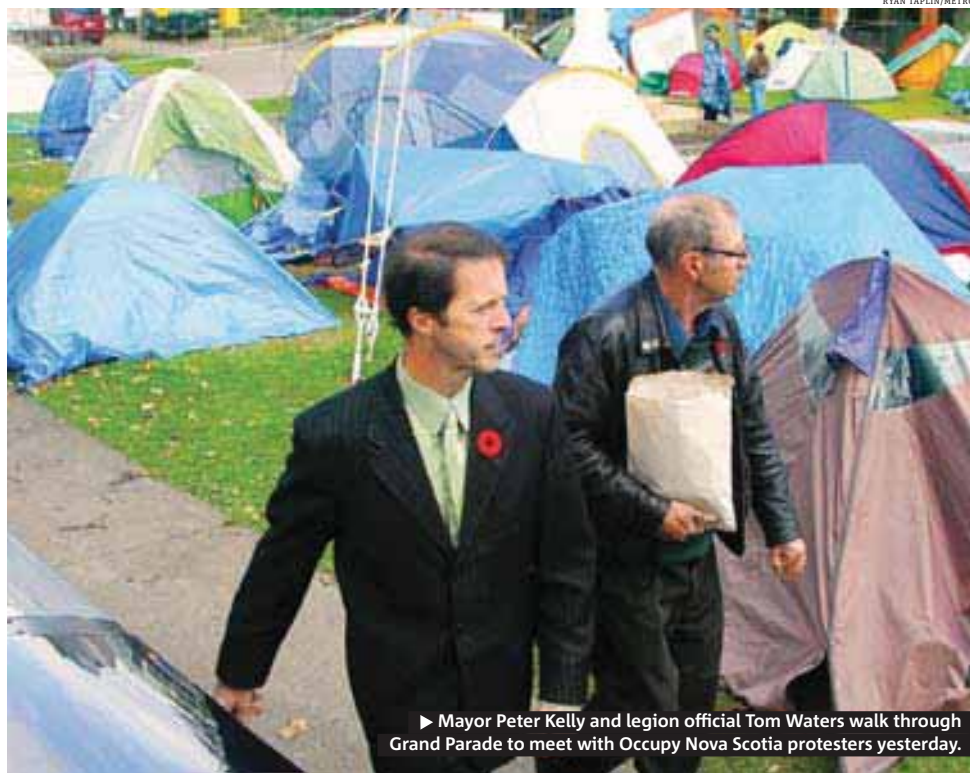
Tuesday,
 November 1, 2011
www.metronews.ca



News worth sharing.

Occupiers pass inspection

► Mayor says concerns were raised about spray-painting and garbage around site, but occupiers agreed to take care of it ► Protesters hope to secure portable toilets for future occupation at Grand Parade starting Nov. 12



► Mayor Peter Kelly and legion official Tom Waters walk through Grand Parade to meet with Occupy Nova Scotia protesters yesterday.



HEATHER GILLIS
 HALIFAX@METRONEWS.CA

The Occupy Nova Scotia campsite at Grand Parade has been given a clean bill of health from environment and agriculture inspectors, along with Halifax police and fire officials.

The site in front of Halifax City Hall — which houses dozens of tents — was inspected on Friday. “We had the police come through and make sure everybody stays safe, (we brought) fire folks down here to make sure there were no issues and we’ve had the health inspectors to make sure other things are safe,” Mayor Peter Kelly said at the protest site yesterday.

Inspectors were there to ensure the bathroom, water disposal and food arrangements were safe, said Environment Nova Scotia spokeswoman Lori Errington.

“We were asked to go by the medical officer of health,” she said. “Agriculture was there ... just to make sure that food handling and storage wasn’t drawing rodents or people weren’t going to be sick.”

John Thibeau, a spokesman

“The good news is we saw absolutely nothing of concern regarding food handling, water handling or solid-waste removal.”

LORI ERRINGTON, ENVIRONMENT NOVA SCOTIA SPOKESWOMAN

with Occupy Nova Scotia, said officials were impressed with the way the protestors had the site organized.

“The only concern that they had was that we might have had a propane stove a little close to a wall,” Thibeau said about the fire inspection. “They asked us to move it and that was it.”

The site’s previous bathroom facility — a makeshift outhouse — was a sanitary concern for the occupiers, but it was dismantled over a week ago.

“It wasn’t getting the attention that it required and not enough people were trained in the process of how to use it,” Thibeau said.

The occupiers have since been using washroom facilities at Scotia Square mall.

More coverage {page 3}

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Occupiers to make way for Remembrance Day

- Mayor says municipality will help protesters relocate to Victoria Park
- Occupy N.S. to hold Grand Parade cleanup Sunday from 11 a.m. to 1 p.m.



► Protesters continue their occupation of Grand Parade yesterday.

HEATHER GILLIS
HALIFAX@METRONEWS.CA

Occupy Nova Scotia protesters will be temporarily relocating for Remembrance Day, but their occupation of Grand Parade isn't over.

The Occupy protesters issued a press release late Sunday night saying they would leave the area out of respect for Remembrance Day and Dignity Day events.

Mayor Peter Kelly issued a release last week asking

the protesters to leave Grand Parade so they can prepare the site ahead of the two events.

Protesters say they will have everything out of Grand Parade by the evening of Nov. 8 in time for the Dignity Day ceremony on Nov. 9.

Any tents or people left in the square after Nov. 8 "will no longer be representing occupy in any way," said John Thibeau, a spokesman for the protesters.

"They are supportive of the Grand Parade being

used for the focus of the vets and that we appreciate," Mayor Peter Kelly told reporters following a meeting with the protesters yesterday.

Protesters say they will relocate to Victoria Park on Spring Garden Road until Nov. 12 — one day after Remembrance Day — then return to Grand Parade.

But the municipality has plans for the public parade square during the upcoming holiday season, like the annual tree lighting ceremony on Nov. 26, and in last week's release,

Solidarity rally

- A solidarity rally will be held on Nov. 12 at 11 a.m., when protesters return to the Grand Parade site.

Kelly asked the protesters not to return at all, instead offering up the Halifax Common as a permanent site.

"We're going to approach each situation individually as they come up," Thibeau said about relocating for upcoming public events at Grand Parade.

Woman faces knife threat

Police think a man terrorized the wrong woman in a weekend assault in Halifax.

A 22-year-old woman called police at 9:20 p.m. on Saturday from the 6000 block of South Street. She said a man pulled a knife on her and held it to her stomach, cutting her a little bit. He told her he had a message for her boyfriend before running off.

The woman doesn't have a boyfriend. Police believe she was targeted in error.

Paramedics checked out the woman, but she didn't require a hospital stay.

● METRO

Suspect sought

- Police describe the suspect as male, in his 20s, about five-foot-10 with an average build and short hair.

Charges laid in drug find

Police say two men face charges after drugs, cash and stolen property were seized from a vehicle and several homes in the Halifax area.

A 32-year-old Bedford man and a 50-year-old man from Hubley were arrested Saturday after police stopped a vehicle on Highway 103 and seized crack cocaine and a handgun.

Officers then searched a home in Hubley and seized crack cocaine, cocaine, cash and a stolen all-terrain vehicle.

More drugs were discovered at homes in Bedford and Halifax.

THE CANADIAN PRESS

1

news


A young Inuit walrus hunter tears up as he recalls how his life was saved by a rescue team that lost one of its members. Scan code for story.

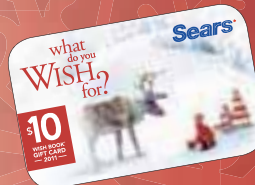
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An animal-rights group vows to inundate police in Gatineau, Que., with angry letters over the shooting of two stray cows. Video at metronews.ca



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RYAN TAPLIN/METRO



► Economic and Rural Development Minister Percy Paris speaks with reporters at One Government Place yesterday.

Province rebrands Expansion Fund

► Paris says new fund will be more transparent, but public will not have access to documents



ALEX BOUTILIER
@METRONEWS.CA

The province is moving to revamp a 60-year-old economic-development fund often criticized as a slush fund for cabinet ministers.

Economic Development Minister Percy Paris unveiled legislation yesterday that would eliminate the Industrial Expansion Fund, a multimillion-dollar pool meant to stimulate business in the province, as of April 1, 2012.

In its place will be the Nova Scotia Jobs Fund, which Paris says will increase accountability and transparency around cabinet funding decisions. A new cabinet committee,

"The paper trail with the IEF was, I guess, at some times, somewhat sketchy."

ECONOMIC AND RURAL DEVELOPMENT MINISTER PERCY PARIS

the Economic Investment Committee, will review requests for funding and provide advice to cabinet, who will still have final say on funding decisions.

"What this fund is going to be doing is increasing transparency and accountability ... with a clear paper trail as to (requested) transactions," Paris told reporters.

"The transactions that will be made public will be

those transactions that cabinet approves and are moving forward."

The public will not have access, however, to the presentations made to cabinet that will ultimately lead to public funding, or the "paper trail" Paris referenced. This had opposition critics wondering what, exactly, had changed.

"Today we have the same thing, only with a different name," said Liberal MLA Zach Churchill.

"There's a lot of money being given out here, (and) nobody is privy to the business cases that are being presented and the reasons justifying those decisions. Nothing has changed today."

Grit critic calls for new audits for Power Inc.



ALEX BOUTILIER
@METRONEWS.CA

Liberal energy critic Andrew Younger wants the province to compel Nova Scotia Power Inc. to produce biannual value-for-money audits.

Younger introduced legislation last night that would require the private energy utility to disclose their performance in areas such as the efficiency and effectiveness of programming, compliance with regulations, and use of funds obtained through power rates.

"The same principle applies to Nova Scotia Power that applies to the province, and we applied to municipalities recently," Younger said in an interview. "Nova Scotians deserve to know that they are getting value for their rate-payer dollars."

Younger acknowledged NSPI is a private company but said that, because they



► Andrew Younger

"Yes, (NSPI is) a private company, but they're also guaranteed a regulated rate of return. So they don't really have an incentive to do better." LIBERAL ENERGY CRITIC ANDREW YOUNGER

CRITIC ANDREW YOUNGER

enjoy a monopoly on electrical services in the province, they should face increased scrutiny.

"All of the issues such as

tendering, such as fleet services, such as staffing levels, overtime, none of those things go to the (Utility and Review Board) for an audit, because they're not things Nova Scotia Power is applying for changes to," Younger said. "So an ongoing cycle of audits would pick up efficiencies."

Under the proposal, value-for-money audits would happen on a biannual basis: the Minister of Energy would be responsible for tabling the audits in the legislature no later than March 31 every two years.

In the event of a settlement between NSPI and consumer advocates on rates, it would also require that the settlement be discussed in a public meeting.

Energy Minister Charlie Parker declined to comment on the legislation yesterday, saying he needed time to review Younger's bill.

Tories cry foul over review

The Progressive Conservatives are accusing the NDP government of attempting to stack a committee which will craft the parameters for a provincial boundary review.

The province is required to review district boundaries every 10 years. The last review was conducted in 2001, under Premier John Hamm.

Deputy premier Frank Corbett made a motion last night that would establish a committee to

come up with the terms of reference for that review. The committee suggested by the NDP would include five members of the government, and two members from both opposition parties, with Justice Minister Ross Landry as chair.

But the Tories opposed the makeup of the committee. PC Leader Jamie Baillie said that the only way to ensure the committee's non-partisan nature was to include equal representation from all

Debate plans

The NDP plan to call the matter for debate at Province House on Thursday.

three parties.

Premier Darrell Dexter pointed out that the previous committee, under a PC government, included the exact same breakdown as suggested by his government last night.

● ALEX BOUTILIER

17 research projects get funding

Nova Scotia is spending \$2.63 million to support research labs and equipment at universities across the province.

The money from the Nova Scotia Research and Innovation Trust will go to 17 research infrastructure

projects. The province says the money and related national funding will help up to 300 people with projects over the next five years.

Schools getting money include Dalhousie University and Saint Mary's University. THE CANADIAN PRESS

De Burgh hitting Halifax

Singer-songwriter Chris de Burgh will make a stop in Halifax for Moonfleet Tour, Canada 2012. He will play at the Metro Centre on May 11. Tickets go on sale Friday.

● METRO



► Chris de Burgh

Police seize guns, drugs, cash in bust

Six people are facing charges after an investigation into drug trafficking last week.

Police say officers involved in a drug investigation observed a transaction in Cole Harbour on Friday at 2:30 p.m. Crack cocaine

and a loaded handgun were seized from the vehicle.

Police then received a warrant for a residence on Upper Partridge Road and seized another handgun as well as ammunition, cash and crack cocaine. ● METRO



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Missing teen's parents to make statement today

- ▶ Tips are still coming in for Amber Kirwan case, according to police
- ▶ Police appealing to hunters and others to report anything they see



**PHILIP
CROUCHER**
@METRONEWS.CA

The parents of a missing Pictou County teen will make their first public statement since their 19-year-old daughter went missing over three weeks ago.

Donald and Marjorie Kirwan, parents of missing teen Amber Kirwan, will make a public statement to media at New Glasgow Police Service headquarters today at 1 p.m.

Police spokesman Const. Ken MacDonald said the parents won't take ques-

tions from media, but wanted to make a statement asking those with information regarding her disappearance to come forward.

MacDonald said they also want to speak about their daughter and the type of person she is.

"This is something they want to do. It's not an uncommon occurrence," said MacDonald, who described the parents as "quiet folks."

"We are hopeful it will keep the information flowing. We are hoping this is another angle."

Kirwan disappeared from downtown New Glasgow on Oct. 9.



Missing person posters have been posted across the Maritimes for Amber Kirwan, and as far away as Calgary.

She was out with friends that evening at Dooly's bar. She left at about 1:30 a.m. and walked toward Big Al's convenience store to meet

her boyfriend, Mason Campbell.

Campbell said when he and a friend arrived a short time later, she was nowhere to be found.

The investigation is still classified as a missing-person case and the public is urged not to draw conclusions from the searches that have taken place to find her.

Police are asking people to report any suspicious activity they may have seen or heard throughout Pictou County on the morning of Oct. 9.

WITH FILES FROM
NEW GLASGOW NEWS

EQUIPMENT RULING

Medical marijuana plea denied

The Supreme Court of Nova Scotia has upheld a provincial decision to deny a man public funding for equipment to grow medical marijuana.

Sam Riley went to the court to challenge a decision of the Assistance Appeal Board, which found the equipment wasn't a "special need" under

provincial regulations.

The board had also determined his use of marijuana, for what he says is to cope with a number of health conditions, didn't qualify for funding as a "special need" through the Department of Community Services.

Judge Cindy Bourgeois ruled the board did not err in its interpretation of regulations governing such funding requests. She noted Riley did not provide proof he has a licence to produce medical marijuana from Health Canada. **THE CANADIAN PRESS**

Prison workers make deal with province

Employees at Nova Scotia's five jails have ratified a new contract with the province.

The Nova Scotia Government and General Employees Union said yesterday the members voted 88 per cent in favour of a new collective agreement.

The deal means the 450 members of Local 480 will now be covered under the terms of the civil service

collective agreement.

The majority of members will see an initial wage reclassification of 6.4 per cent, as well as one per cent increases in each year of the two-year agreement.

The deal covers correctional officers, administrative assistants, cooks, maintenance workers and others at provincial jails.

THE CANADIAN PRESS

Off-roading duo safe and sound

Police say two men in their 20s reported missing in Hants County have been found in good condition after spending a night in the woods.

Police say the pair headed out in their Jeep on Sunday around noon near

Falmouth to go off-roading, but failed to return as expected.

Officers say a forestry worker found 28-year-old Mark Hilchey and 22-year-old Jordan Stevens around 10:30 a.m. yesterday.

Members of a ground search-and-rescue team brought them out of the woods.

Police say the pair spent the night in a camp.

THE CANADIAN PRESS



Barely. Afloat

▶ This custom steel 46-foot yacht was one of many damaged by the high winds Sunday night at the Dobson Yacht Club near Sydney. Heavy rains and high winds hammered the province, causing thousands to lose power.

STEVE WADDEN/CAPE BRETON POST

Lights out: Yacht sinks with heavy wind, rain

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PROSTATE CANCER

Support group for city's gay men a first in Canada

JENNIFER TAPLIN
@METRONEWS.CA

A new support group in Halifax for gay men dealing with prostate cancer will be a first in Canada.

"While everybody's plumbing is the same, some men use their plumbing in different ways, and that's why we want to reach out to diverse communities," said Peter Mallette, director of the Atlantic region for Prostate Cancer Canada.

"We jumped at the chance to see if there's

Support groups

There are currently 17 prostate-cancer support groups in Atlantic Canada. Two others, one in Saint John, one in Moncton, are getting started this month.

a gap there."

The new group will be launched on Nov. 16, and their meetings will be held at the regional office on Sackville Street in downtown Halifax.

Mallette said his organization is also working on getting a group together for the African Nova Scotian community.

"Prostate cancer is more prevalent in the black community, and we know some of our diverse and ethnic communities have been hit hard," he said.

Moustache mates reunite

- ▶ About 3,500 Nova Scotians participated in Movember last year
- ▶ \$460,000 was raised for prostate-cancer research

JENNIFER TAPLIN
@METRONEWS.CA

Soup strainer, face furniture or cookie duster. Whatever you call it, November means it's time to go wild with the upper lip.

Movember is the worldwide awareness campaign for men's health and fundraiser for prostate-cancer research.

Last year, about 1,500 people participated in Halifax and raised \$225,000.

"I think there's a brotherhood there, a camaraderie that comes with growing a moustache," said Mike Milloy, chair of the local Movember organizing committee. "Walking down the street and seeing people who

"A tip (for growing a moustache) is to have a thick skin about it because you're going to get some funny looks, especially in the first couple of weeks."

MIKE MILLOY, LOCAL MOVEMBER COMMITTEE CHAIR

might not normally have a moustache you give them a nod or a high five."

Clean-shaven men can register at movember.com starting today.

"Then they have a month to grow and groom their best moustache and along the way collect donations," he said.

It culminates in a month-end party to wrap

up the campaign.

Women also make great fundraisers for this event, Milloy said, as they support the "mo bros" in their lives.

Across the country, Movember campaigns are doubling and tripling in popularity. Milloy said he expects Halifax's numbers to increase this year too.

Matt Matheson, who works on the national

Support

RYAN TAPLIN/METRO



Peter Stoffer

It also doesn't hurt to have several well-known Haligonians get in on it.

- ▶ Mayor Peter Kelly, Sackville-Eastern Shore MP Peter Stoffer and MLA Mat Whynott, to name a few, took part last year.

Movember campaign, said Halifax has always been a very strong supporter.

"Apparently moustaches grow well out east," Matheson said.

Movember events in Canada got going in 2007 and Halifax opened a regional Prostate Cancer Canada office in March.



For more local news visit metronews.ca/halifax

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Canadian released from Saudi jail

► Edmonton imam abruptly freed from Saudi Arabia jail after being beaten and arrested ► Friends claim intense media focus aided in his release

A Canadian imam who was beaten, arrested and falsely charged while on pilgrimage in Saudi Arabia has been freed following media coverage of his ordeal and pressure from a human rights group.

Usama Al-Atar, 33, of Edmonton was released yesterday following publicity about the incident, which took place Sunday in Medina, said Mohamed Hayward, who witnessed the attack.

Al-Atar was leading a small prayer group that included Hayward when

they were asked to move along by Saudi religious police.

Between 10 and 15 of the officers then harassed the pilgrims and attacked Al-Atar before taking him into custody, Hayward said. Al-Atar was being "virtually strangled" by his assailants, he added.

Hayward said he didn't try to resist the roughing up and remained passive, but authorities still went on to arrest him.

But when he was expected to make a court appearance yesterday,

Al-Atar was abruptly released instead.

The London-based commission, which spoke to witnesses, said Al-Atar, a Shiite, may have been arrested for criticizing the kingdom's handling of uprisings in Yemen and Bahrain.

Massoud Shadjareh, spokesman for the rights group, said the arrest reflects Saudi intolerance toward Muslims who do not follow the country's conservative Wahhabi form of Islam.

THE CANADIAN PRESS

Arrest & release

- 1 Al-Atar, a researcher at the University of Alberta, has an elderly father, a pregnant wife and a three year-old child in Canada.
- 2 The U.K.-based Islamic Human Rights Commission helped secure his freedom.
- 3 A friend who witnessed the arrest said Al-Atar now appears to be no worse for wear.



► Usama Al-Atar is shown in a photo released yesterday by the Islamic Human Rights Commission.

HANDOUT/THE CANADIAN PRESS

Thailand's highs and lows continue



► A man takes a nap at a flooded bus stop in Bangkok.

SARCHAI LALIT/THE ASSOCIATED PRESS

Anger mounts, water rises

Tempers flared along a flood barrier protecting Thailand's capital from a record deluge surging into the city, with angry residents scuffling with security forces in an attempt to force open a floodgate that left their homes swamped and battling rising waters.

"As we were stepping out of our gate to evacuate, one of our walls totally collapsed to the neighbour's side and the water rushed into their house. It was like a nightmare."

YIBPORN RATANAWIT, 29, WHO LIVES IN THONBURI

Clashes over floodgates

The tensions at the Klong Sam Wa floodgate in the city's northeast illustrate the rising anger in some neighbourhoods that have been sacrificed to keep Bangkok's central business district and historic heart dry and free from floods that so far have killed 381 people.

Country's centre still dry

While news that officials prevented flooding in central areas was welcome to people in Bangkok's dry downtown core who had braced for water all weekend, it was little relief for those in 15 of Bangkok's 50 districts that have already flooded.

THE ASSOCIATED PRESS

Surging floods

- Higher-than-normal tides pushing into the Chao Phraya River from the Gulf of Thailand in recent days have complicated efforts to drain floodwaters.
- The floods, which began in late July, have affected more than a third of provinces and destroyed

millions of acres of crops.

- Prime Minister Yingluck Shinawatra said yesterday that she hoped seven submerged industrial estates would be running again in about three months.
- She said it would probably take one to two weeks for the water at the parks to drain and then the rebuilding effort could begin.

Occupy an intrusive holiday guest?

◆ Hand sanitizer now popular in Vancouver camp ◆ In Winnipeg, protesters expect Internet hookup

From forced evictions to a dispute over a rat infestation: Here's a look at what's going on in Week 7 of the Occupy protests.

WINNIPEG

If Winnipeggers aren't quite sure why there are people camping in Memorial Park, they're not the only ones.

When asked about the Occupy Winnipeg movement, now entering its third week, Mayor Sam Katz was mystified.

"What are they trying to accomplish? I personally don't get it," Katz told me-

dia late last week.

VANCOUVER

The Downtown Vancouver Business Improvement Association wants Occupy Vancouver's tent city shut down after reports of rats scurrying across the lawn of the Vancouver Art Gallery.

"If there was a rodent problem at a restaurant, it would be shut down. It's the same protocol," said Charles Gauthier, executive director of the DVBA.

But Anna Marie D'Angelo, a spokesperson for Vancouver Coastal Health, said there are no public health

concerns regarding the encampment.

UNITED STATES

Police cleared out a plaza in Richmond, Va., early yesterday that had been home to Occupy Wall Street protesters, ordering out dozens of people who had encamped there since Oct. 17 and arresting those who refused to leave.

Dozens of protesters were also arrested Sunday in Texas, where they clashed with police over food tables.

LONDON, ENGLAND

The Dean of St. Paul's Cathedral yesterday became the second high-profile clergy member to step

FRANK FRANKLIN/THE ASSOCIATED PRESS



► Pedalling for battery power at Occupy Wall Street.

"Please accept these humble donations. I am poor and am fighting foreclosure, but if you are willing to occupy and keep this message alive, I will support you." ANONYMOUS

"Dear 99ers! It is gratifying to watch you channel your righteous anger into organized and active resistance."

HENRY KING, GLASGOW

"The movement is growing, but if leadership doesn't emerge soon, then it will turn into an unruly mob scene. At all costs, this has to be prevented."

AL ROSS, FLORIDA

"I'm in your shoes and on your side!"

ANNE ROWINSKI, MAINE

"Here are some cookies for the demonstrators. I will keep sending them as long as you keep protesting."

BETTE SNYDER, OHIO

"I feel inspired in a way that I haven't been in years."

STEVE ISKOVITZ IN PITTSBURGH

SINCE THE PROTESTS BEGAN ON SEPT. 17, VOLUNTEERS AT ZUCCOTTI PARK SAY THEY'VE RECEIVED ABOUT 2,000 LETTERS FROM THE UNEMPLOYED, COLLEGE STUDENTS IN DEBT AND GRANDMOTHERS WORRIED ABOUT FINANCIAL STRUGGLES OF YOUNGER GENERATIONS. TO VIEW MORE, VISIT OCCUPY-WALLSTREETCAREPACKAGES.TUMBLR.COM.

"(OWS) offers something that has been in very short supply these days — hope. Hope that maybe we can make a difference." ANONYMOUS

"I can honestly say for the first time in my cynical, contrarian years that I am damn proud to be an American!"

ANONYMOUS COLLEGE STUDENT

COMPILED BY THE ASSOCIATED PRESS

Vancouver cops call for charges after riot probe

PHYLICIA TORREVILLAS
IN VANCOUVER

Nearly five months after mayhem tore through the streets of Vancouver, the Vancouver Police Department has announced the first 163 charges recommended against 60 people who allegedly took part in the Stanley Cup riot.

"This is just the beginning," police Chief Jim Chu said yesterday, adding some of the recommended charges include mischief, break-and-enter and participation in a riot.

Chu stressed that the 50 men and 10 women represent only the beginning of those who may face



► A man strikes a burning vehicle with a hockey stick during the June 15 Stanley Cup riot in Vancouver.

charges for looting, burning cars and damaging property following the June 15 riot.

The chief also took aim at those who criticized the length of the riot investigation.

"There have been those who told us our decision to be thorough was wrong," he said.

Chu said that their thorough investigation has led them to more substantial charges in several cases.

Marriage fraud may be linked to underworld

Canada's border agency has opened more than three dozen criminal in-

vestigations related to marriage fraud in the last few years.

Newly released documents also show the Canada Border Services Agency has begun a probe of possible organized criminal involvement in arranging marriages of

39 From 2008 through the end of last year, the border agency opened some 39 criminal investigations of suspected marriage fraud.

convenience to attain status in Canada.

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MOHAMMED ZAATARI/THE ASSOCIATED PRESS



► Nurses hold newborn babies in Sidon, Lebanon, yesterday.

Seven-billionth person born

► Nations celebrate globe's latest milestone ► The United Nations estimates the world's population will reach eight billion by 2025, 10 billion by 2083

Countries around the world marked the world's population reaching seven billion yesterday with lavish ceremonies for newborn infants symbol-

izing the milestone and warnings that there may be too many humans for the planet's natural resources.

While demographers

are unsure exactly when the world's population will reach the seven-billion mark, the UN is using yesterday to symbolically mark the day.

A string of festivities were being held worldwide, and a series of symbolic seventh-billionth babies were born.

THE ASSOCIATED PRESS

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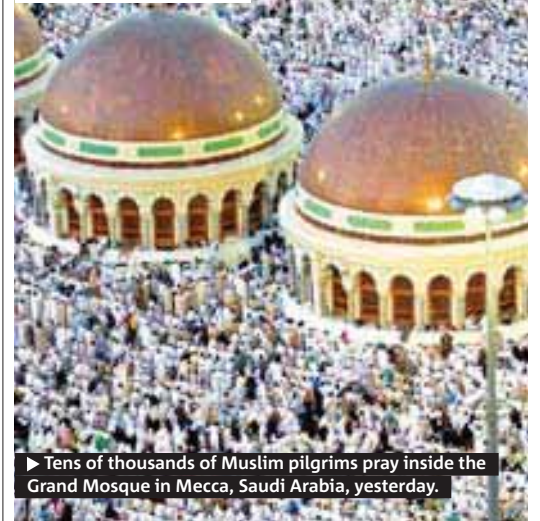
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Islamic. Pilgrimage



► Tens of thousands of Muslim pilgrims pray inside the Grand Mosque in Mecca, Saudi Arabia, yesterday.

HASSAN AMMAR/THE ASSOCIATED PRESS

Pilgrims travel to Mecca

The annual Islamic pilgrimage, known as hajj, draws 2.5 million visitors each year, making it the largest yearly gathering of people in the world. The hajj will start on November 5.

Switched-at-birth families settle

Details

- The two 12-year-olds don't want to leave the parents who raised them, according to Russia television reports, so the families are thinking of moving near each other or sharing a home.
- "I would like us to share a house so that we don't worry about her daughter coming to me and the other way round," Naimat Iskanderov, father of Irina, told Russia media.
- Belyaeva would prefer separate houses nearby, so that "we see our children growing up and take part in their education."

THE ASSOCIATED PRESS/WITH FILES FROM VLADIMIR ISACHENKOV

It was more money than either family has ever seen — but it's still not clear if it can make the pain go away.

A Russian court yesterday awarded two Russian families \$100,000 each in compensation from a maternity home that accidentally switched their daughters, now 12, at birth. The story has captivated Russia ever since the families learned about the mistake several months ago.

"The money just can't ease the pain," said Yuliya Belyaeva, the biological mother of one daughter, Anna, who raised another couple's child, Irina. "All the money in the world isn't worth a child's look at their mother."

'Oh wow, oh wow ...'

► Steve Jobs' sister reveals his compelling final words

On his deathbed, Apple founder Steve Jobs stared into the future as he had so many times in life and uttered these final words, "Oh wow, oh wow, oh wow."

His final moments were captured by the late Apple CEO's sister Mona Simpson in her eulogy that was provided to the New York Times.

No one will know for sure if Jobs had suddenly had another great idea as he passed on or was commenting on where he was about to go.

Simpson said Jobs' laboured breath "indicated an arduous journey, some steep path, altitude."

An accomplished novelist, Simpson delivered the

Oct. 16 eulogy at Stanford Memorial Church for a brother she met for the first time when she was in her mid-20s. Simpson was born in 1957, two years after Jobs, who was given up for adoption as an infant.

Simpson talked at length about her brother's work ethic and his love for his wife Laurene and four children.

"Steve was like a girl in the amount of time he spent talking about love. Love was his supreme virtue, his god of gods. He tracked and worried about the romantic lives of the people working with him," she said.

Simpson wrapped up her eulogy by describing Jobs' final moments as his pancreatic cancer, which

"Even as a feminist, my whole life I'd been waiting for a man to love, who could love me. For decades, I'd thought that man would be my father. When I was 25, I met that man and he was my brother."

MONA SIMPSON, ON HER BROTHER STEVE JOBS

he was diagnosed with in October 2003, laid claim to the 56-year-old.

"His breathing changed. It became severe, deliberate, purposeful. I could feel him

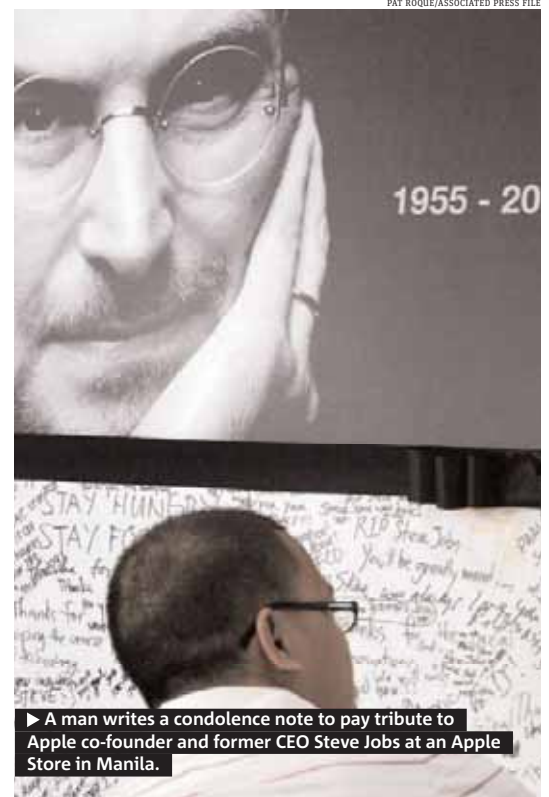
counting his steps again, pushing farther than before," she said. "This is what I learned: he was working at this, too. Death didn't happen to Steve, he achieved it."

"His breath indicated an arduous journey, some steep path, altitude. He seemed to be climbing."

Even as he slipped away "there was also sweet Steve's capacity for wonderment, the artist's belief in the ideal, the still more beautiful later."

"Before embarking, he'd looked at his sister Patty, then for a long time at his children, then at his life's partner, Laurene, and then over their shoulders past them."

"Oh wow. Oh wow. Oh wow." **TORSTAR NEWS SERVICE**



► A man writes a condolence note to pay tribute to Apple co-founder and former CEO Steve Jobs at an Apple Store in Manila.

Economy up in August

A surging energy sector gave a healthy 0.3 per cent boost to the economy in August, suggesting Canada rebounded much more strongly than believed during the summer, following a surprising dip in the spring.

Statistics Canada also upgraded July's gross domestic product a tick to 0.4 per cent yesterday, which places the economy on track to post a strong three per cent gain in the third quarter.

Following a 0.4 per cent contraction in the second quarter, and expectations of softness due to the market turmoil that took hold in early late July, some analysts had speculated it was possible for Canada to have suffered a technical recession of two negative quarters over the summer.

But that is no longer in the realm of possibility, given the bigger than expected numbers in the first two months.

"Even assuming a soft September, the quarter could come in at 2.9 per

"The recession chatter ... looks pretty ridiculous in light of almost four per cent GDP growth in the latest three months."

DEREK HOLT, SCOTIABANK

cent," said Avery Shenfeld, chief economist with CIBC World Markets.

"We still see growth slipping back below two per cent in the fourth quarter, but odds are increasing that the second half should end up well above the Bank of Canada's recent projection barring some new, unforeseen shock," he added.

However, August's expansion was not as strong in other areas — the agency noted the country's gross domestic product would have remained unchanged but for the 2.8 per cent jump in the energy sector.

THE CANADIAN PRESS

Airlines. Unions



► Striking workers of Philippine Airlines shout slogans in support of the striking employees of Australia's Qantas Airways during their picket at the Qantas office at Makati City, Philippines yesterday.

BULLITT MARQUEZ/THE ASSOCIATED PRESS

Qantas strike ends

Qantas Airways planes returned to the skies yesterday after an Australian court ruled on a bitter labour dispute that had prompted the world's 10th-largest airline to ground its entire fleet.

2nd Wheat Board director resigns

A second elected farmer representative has resigned from the Canadian Wheat Board over the fight to preserve its monopoly.

"The current board hasn't been listening to producers," Jeff Nielsen, who farms near Olds, Alta., said yesterday.

"Their farms are needing of new opportunities and new chances to make their businesses profitable."

Last week, Henry Vos, one of three farmer-elected directors currently from Alberta, resigned his seat over board chairman Allen Oberg's refusal to bow before the wishes of Agriculture Minister Gerry Ritz and the federal Conservative government.

It leaves Oberg, who is from Forestburg, Alta.,

60 The Winnipeg-based Canadian Wheat Board has controlled the sale of western wheat and barley for more than 60 years.

plus seven other directors from Saskatchewan and Manitoba, as the last farmer-elected representatives. There are also four appointed directors and the president.

The board has already voted to proceed with a legal challenge of proposed federal legislation tabled as Bill C-18, which the board claims is illegally stripping it of its powers.

Ritz wants the new system in place by next summer when the new crop year begins.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 267.46 (12,252.06)	- 0.49¢ (100.33¢ US)	- \$0.13 US (\$93.19 US)	\$3.934 US (+ 1.1¢)
			Gold \$1,725.20 US (- \$22)

SHHH! DON'T TELL ANYONE

SHE SAYS ...

JESSICA NAPIER
METRO



likely to bite their tongues for an average of just 47 hours and 15 minutes before blabbing. That's less than two full days, and frankly, I'm not surprised.

In an age of celebrity blogs and constant social networking, over-sharing is now the norm, while keeping a secret has become a lost art.

As trivial as it might be, gossip is a guilty pleasure that just won't quit. It's what keeps US Weekly in business and it's why Perez Hilton isn't working at a Taco Bell.

Sharing secrets can serve many purposes. Some find it to be a positive form of catharsis, others use gossip as a communication tool to network or bond with a group, and some just get a twisted schadenfreude-esque delight out of the pain and suffering of others.

Anyone who tracks the ups and downs of Jennifer Aniston's love life — you can go ahead and put yourself in that third category.

"So does privacy count for nothing any more? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start re-learning the art of keeping secrets?"

So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start thinking about relearning the art of keeping secrets?

To clarify, secrets are not lies. I'm not condoning deceit, just the idea that sometimes withholding information is better than putting it all out there. Keeping secrets amongst our friends and lovers can actually be healthy. I mean, isn't it nice to keep some of the mystery alive?

Here are just some things that are better kept to yourself: your nauseating pet names for your partner, status updates on that skin rash you've been dealing with, photos of pelvic bones, weekly measurements of your expanding "baby bump" and anything involving your bathroom habits.

Please, folks, do away with full disclosure and realize that not every part of your life belongs to the Internet.

Read more of Jessica Napier's columns at metronews.ca/shesays

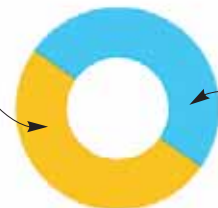


Register at
metropolitanpanel.ca
and take the quick poll

Has the Occupy movement gone on long enough?

50%

YES, THEY'VE MADE THEIR POINT. IT'S TIME TO SHUT IT DOWN.



50%
NO. IT STILL HAS LEGS.

Letters

I can hardly believe the Halifax Regional School Board hired a consultant to decide if schools should close on storm days.

It would be interesting to know how much money was spent on this GENIUS!

There are students going without support because there is no money to fund it! Be aware parents, your child may not need help in the classroom, but the kid who spends all day disrupting the teacher, and your child's learning does. Money is being wasted on consultants to see how pissed off parents will get if we close our schools to keep children safe!

Most people do not know that snow days are built in to the school year!

Will it take a bus full of children to go off the road, or a parent transporting their kids to school on a stormy day to have an accident to make people aware! I say close the school to students, and leave it open to staff, because God forbid the bank teller has to work on storm days!

STEPHANIE DORIE
HALIFAX

Local tweets



► @jon_aka_samir: attention citizens of halifax.

please blast your heat and open all your doors&windows. maybe it'll warm up around here #kthanks

► @bbhorne: Due to the fact the word "protestor" is trending in Halifax: protester protester protester.

► @s3thoddy: Weird people in halifax, an old man picking up ends of cigs and talking about university and he was about 60 hmm

► @neiltherockstar: After 2 weeks of debauchery with

Halifax Pop Explosion & #Halloween parties, time to focus on my health again. Mmmm apple & exercise program

► @CaitW007: Absolutely loves her kids! Walked so well around #smu campus today!! Lots of people letting the kids scare them #halifax

► @Nikky15: Brrrr. I'm glad I wore my heavier coat today as I stand here wondering why a connecting bus would pull away as my bus arrived in #Halifax.

► @company13: halifax traffic on the circ is awful every exit backed up

photo of the day



► This photo titled Night Lights was submitted to the Photo of the Day category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Man severs arm with homemade guillotine

Bellingham police have dismantled a homemade guillotine apparently used by a man to sever his right arm at a transient camp in Washington.

Sgt. Les Gitts says police saved only the heavy metal plate used as the blade, in case it is needed for evidence.

Gitts described the guillotine as "pretty elaborate." It was out of sight in a wooded area until police investi-

gated Thursday after the injured man walked into a clinic, leaving his arm behind.

According to Fox News, police say the guillotine unexpectedly dropped on the man's shoulder.

Police searched the area and found the guillotine and the severed arm. He was airlifted to Harborview Medical Center in Seattle in hope it could be reattached.

Gitts said yesterday he didn't know if that was successful. The hospital wouldn't say for privacy reasons. The man was in satisfactory condition yesterday.

Officers say the device was constructed from wood the man found by scavenging the local area.

THE ASSOCIATED PRESS

New album from Amy

► Collection of Winehouse work to be released in December by musical partners Mark Ronson and Salaam Remi ► Posthumous release a 'fitting testament' to the singer

A new album of recordings by the late soul singer Amy Winehouse will be released in December, Island Records said Monday.

It said *Lioness: Hidden Treasures* will contain 12 songs — previously unreleased tracks, alternative versions of existing hits and brand new songs — recorded by the beehive-wearing singer who died at her London home on July 23.

The label said Winehouse's longtime musical partners Mark Ronson and Salaam Remi had spent time since her death listening to recordings of the singer, who many said never sang or played a song the same way twice.

Island Records said the duo quickly realized that they had "a collection of songs that deserved to be heard; a collection of songs that were a fitting testament to Amy the artist and, as importantly, Amy their friend."

The album — Winehouse's third after *Frank* and *Back to Black* — will be released on Dec. 5.

Ronson and Remi compiled the tracks in collaboration with Winehouse's family, management and the label.

Winehouse's final studio recording — a cover of *Body & Soul* sung with Tony Bennett — will be included in the album.

The singer's father, Mitch Winehouse, said he had never before heard an-



STUART WILSON/GETTY IMAGES

other one of the tracks, *Halftime*, and described the song as "just incredibly beautiful."

"If the family had felt that this album wasn't up to the standard of *Frank*

and *Back To Black* we would never have agreed to release it and we believe it will stand as a fitting tribute to Amy's musical legacy," he said in the Island Records statement.

A donation of \$1.60 from the sale of each album in the U.K. will go to a foundation to assist disadvantaged children and young adults set up in the artist's name following

her death.

Last week a British coroner ruled the Grammy-winning singer died from accidental alcohol poisoning when she resumed drinking after weeks of abstinence.

The 27-year-old Winehouse had fought a very public battle with drug and alcohol abuse for years, and there had been much speculation that she died from a drug overdose.

THE ASSOCIATED PRESS

Winehouse at a glance

► **Born:** Sept. 14, 1983 in Southgate, London, England.

► **Discography:** *Frank* (2003), *Back to Black* (2006)

► **Achievements:** After *Frank*, Winehouse won an Ivor Novello award for song-writing. *Back to Black* was the bestselling album in the U.K. in 2007. That same year, *Back to Black* enters the U.S. Billboard and becomes the highest debut for a U.K. female.

► **Died:** July 23, 2011 after consuming a 'very large quantity of alcohol' according to a pathologist at the singer's inquest. Winehouse was 4.5 times over the legal drunk driving limit.

2
scene

Scene at a glance



Justin Timberlake admits he's got a thing for Pippa Middleton — but then so does every man in America, according to the singer. "Us American males are big fans of Pippa," he tells the U.K. edition of *Esquire*. "We like the Middletons very much. I'm going to sound like a sleazeball. I'm going to stop right there!"

THE ASSOCIATED PRESS



Review: Amiable memoir
The Garner Files shows
James Garner a Hollywood
maverick at heart

MIC MAC MALL
JUST GOT A LITTLE MORE
Charming



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Celebrity tweets



Mother nature is dressing up Fall as Winter for Halloween this year!



@MellyjHart

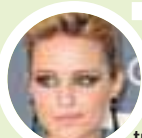
My dearest, most darlingest, twaterers, Thank you for all your birthday wishes!!! 27 is such a lovely age to be. I love you all!..

@JohnCleese



@ActuallyNPH

Hope everyone partied it up last night, costume-style! Send me pics. I wanna see what you wore.



@DiannaAgron

So I guess there is no sexy version of my costume and I am waaaaayyy OK with it.

A Twilight turn-on

The new Twilight film features a love scene that was steamy enough to originally earn it an R-rating — and star Kristen Stewart wasn't surprised. "There are two big sex scenes in the two [final] films," Stewart tells the U.K. edition of Glamour. "It was so weird,



► Kristen Stewart

it didn't even feel like we were doing a scene within a Twilight film."

● METRO

AND IT'S OVER, 72 DAYS LATER

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



A whole 72 days after walking down the aisle with NBA player Kris

By the numbers

Kim's marriage broken down:

- **72 days** The length of Kim and Kris' marriage
- **20.5 carats** The size of her engagement ring
- **\$2 million** The cost of said rock
- **\$25,000** Speculated cost of her Vera Wang gown
- **\$10 million** Reported cost of the August 20 ceremony
- **\$17.9 million** Estimated amount they raked in from the wedding

Humphries, Kim Kardashian filed for divorce yesterday morning.

The unhappy couple is not seeking an annulment, and Kim checked off the usual "irreconcilable differences," asking the court to deny spousal support to Humphries.

It's the second divorce for Kim — who split with music producer Damon Thomas in 2004 after four years of marriage — and the first for Humphries, who was blindsided by the filing, according to TMZ, and is "bummed."

As it's all but impossible to remember, they very loosely tied the knot on August 20 at a ceremony that was estimated to cost around \$10 million. (You somehow missed that? A re-run of the two-part, four-hour Kim's Fairytale Wedding: A Kardashian Event is scheduled to air from 8 a.m.-noon on E! to-



► Kim Kardashian

day.)

We're not saying we're perfect over here, but we would have had the decency to fake it for 18 months

or so. Seriously, we've committed to packs of gum for longer than 72 days.

TODAY'S THE WORD IS WRITTEN BY
MONICA WEYMOUTH

Shorter nuptials

Filing for divorce after 72 days is a true gift to gossip columnists rendered delirious by Halloween candy. But these stars untied the knot even faster:

- Britney Spears and Jason Alexander: 55 hours
- Carmen Electra and Dennis Rodman: Nine days
- Drew Barrymore and Jeremy Thomas: Six weeks

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3 life

A new study



Women shouldn't be the only ones to worry about

the ticking of their biological clock. A new study shows that male fertility also declines with age. If by the age of 45 a man is still childless and wants a family, he should start. Past that point and the chance of conceiving could drop to 35 per cent.

● METRO



Vicious circle: Diabetics prone to gum disease, which can worsen glucose control

Laser tattoo removal — solution or scar?

► Having your first love's name inked on your buttocks seemed like a great idea ► A decade later, you wish you didn't have a constant reminder of your first heartbreak ► Is tattoo laser removal really effective, or will it leave you permanently scarred? ► Metro tries to find out



ROMINA MCGUINNESS
LIFE@METRONOVS.CA
METRO WORLD NEWS IN LONDON

Tattoos are a taboo. At least they used to be. As a rebellious teen your parents warn you against them and as an adult they reflect badly in the work place. Now, thanks to celebrities including Angelina Jolie, David Beckham and Megan Fox, a tattoo is more body art than ex-gangster.

What happens when you can't stand it anymore and want to have it removed? According to tattoo artist Saira Hunjan, you can never be sure you'll never regret a tattoo.

"Choose the right artist, style, design and meaning behind it. Only then will you be likely to be proud to wear it forever."

The obvious answer is to never cruise into a tattoo parlour on a whim. Getting a tattoo isn't like getting a haircut. If it goes wrong, you can't wait until it grows out.

"It's really important to find an artist with real expertise. The best can have a long waiting list but it's



► Saira Hunjan gives some advice on never regretting a tattoo.

worth waiting," advises Hunjan.

An ex lover's name is amongst the most common tattoos people want covered or removed.

"It's best to design something that symbolizes

how choosing the wrong clinic or laser can leave your skin permanently damaged.

"Older methods of tattoo removal involved burning, scraping or cutting out the tattoo. Thankfully, today's Q Switch laser is light years ahead," says Kaplan.

Tattoo pigment is hard to remove.

"The pigment injected into the lower layers of skin becomes

sealed away by a tough network of collagen fibres and it isn't easy to remove the tattoo pigment without affecting the surrounding tissue," adds Kaplan.

The Q switch laser is a rapid, high-energy laser beam applied at different wavelengths (depending on the tattoo's colouring; red, black and blue ink are the most receptive colours; green, yellow and white the least). The process is painful but then again if you could stand the pain of a tattoo, you should be able to bear this.

Better yet, get a tattoo you like and stick with it.

"A tattoo should mark a significant memory and emotion in your journey through life," says Hunjan. "So take your time when choosing."



► Megan Fox before and after

the way they feel about that person rather than their name," says Hunjan.

Laser removal is one of the only options, but how safe is it?

Tattoo removal specialist Dr Alex Kaplan explains

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Do you have insomnia? Or just sleep paranoia?

► Recent U.K. study shows you may be getting more sleep than you know

Tossed and turned all night? Actually, you may have slept more than you thought. A comprehensive review of sleep research done in the U.K. found that people with insomnia tend to overestimate the time it takes them to fall asleep and underestimate the amount of sleep they got.

"Misperception of sleep is a ubiquitous (though not universal) phenomenon among patients with insomnia," says Prof. Nicole Tang from Keele University in Staffordshire, U.K., who studies sleep.

Knowing that you're getting more sleep than you thought may help you relax and stop worrying. It's common for people to lose sleep if they are stressed, excited, worried, jet lagged, or kept awake by loud noises.

"Remember the last time when work was stressful, you had too much coffee in the evening, the night before an important job interview, after coming home from an exotic holiday or the night when your neighbour decided to have a loud party?" asks Tang.

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► Rest assured — you're probably getting the sleep you need.

Tips

Here are some tips for better sleeping, adapted from sleepnet.com

- **Sleep** Go to bed and get up at the same time every day
- **Work** Don't use the bedroom as a workplace
- **Stress** Try not to stress about not getting enough sleep

To avoid sporadic insomnia, it's a good idea to exercise regularly, eat a healthy diet and keep a regular sleep/wake pattern. According to Tang, sleeping well doesn't necessarily mean sleeping through to the morning without waking up.

"This may be an idealized picture of how sleep should be, as many good sleepers wake up several times in the night too," she says.

If you feel that your insomnia is out of control, Tang suggests keeping a sleep diary then visiting your doctor to get help.

● CELIA MILNE

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

6 tips for a good night's sleep

We went to the director of a sleep lab, Leon Lack, and asked him how he gets a good night's sleep — so he can practise what he preaches when he speaks to clients:

1. "Exercise is excellent for a good sleep."

It reduces mental stress, for one thing. But don't do it just before bedtime or you may be awake longer.

2. "Drink coffee in moderation."

And he avoids it in the afternoon or evening. It can contribute to sleep problems, especially if you have more than three caffeinated drinks a day.

3. "Avoid large meals within 2 or 3 hours of bedtime."

And, don't drink alcohol as a way to help you sleep; your sleep quality will be poor.

4. "Have a standard bedtime routine."

Relax in the hour before bedtime, and try to go to bed and get up at the same time each day for consistent amounts of sleep.

5. "Maintain a comfy sleep environment."

It's different for everyone, but our expert has a supportive mattress and pillow, and a dark bedroom."

6. "Make sure the room isn't too hot."

Most people sleep best in a cool room — so take off that extra quilt.

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► This popular Dartmouth spot features standard lunch eats such as salads, sandwiches and pizza ► A charming owner & details make it worth visiting

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Rushing through Dartmouth at lunchtime, Hami's Café catches my eye — pleasant, bright and inviting. The Newfoundland-born owner is a real charmer with personality plus.

The menu features house-made soups, break-

fasts, salads, sandwiches and Hami's specialty pizzas, which indeed are special. The Spicy Salami "slice of the day" (\$3.95) is a real treat loaded with artichokes and lots of cheese on a thin and crispy crust.

The Vegetarian Sandwich (\$6.50) on focaccia — with feta cream cheese, olive tapenade, spinach, cucumber, red onion and bits of tomato — has great flavour though could be more substantial. The sandwich is accompanied by a handful of chips, carrot and dill pickle.

The Spinach Salad (\$5.95) is fresh and has a sprinkling of almond slivers, dried cranberries and mandarin oranges.

Hami's is deservedly popular with the downtown Dartmouth crowd. A return visit for more pizza is in order.

► **Hami's Café & Catering**
79 Alderney Dr.
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hamiscfe.com
Social lunch: Yes
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Rating: 3.5 out of 5



► Spinach Salad and Spice Salami pizza.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sweet Watermelon Rind Relish



Ingredients:

- 5 ml (1 tsp) each whole cloves and allspice
- 1 l (4 cups) watermelon rind, green skin removed, cut into 5-mm (1/4-inch) chunks
- 375 ml (1 1/2 cups) sugar
- 250 ml (1 cup) red wine vinegar
- 5 ml (1 tsp) salt
- 2 cinnamon sticks
- 1 piece (5 cm/2 inches) fresh ginger, peeled and cut into chunks

Preparation:

- 1 On a 15-cm (6-inch) square of cheesecloth, combine cloves and allspice. Tie cloth into a bundle.
- 2 In a large saucepan over medium heat, combine watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and spice bundle.

dle. Bring to a simmer and cook for 1 hour or until watermelon rind is tender. Allow watermelon to fully cool in liquid. Remove and discard spice bundle, cinnamon sticks and ginger. Store in an airtight container in the refrigerator for up to a month.

THE ASSOCIATED PRESS

Hearty avocado-bacon salad creation

Preparation:

- 1 In a skillet, cook bacon over medium heat until golden and crispy. Remove with a slotted spoon and drain well on paper towels. Leave bacon fat in pan. Increase heat to medium-high. When pan is hot but not smoking, add capers and sauté for 2 to 3 minutes. Remove with a slotted spoon and drain well on paper towels.

- 2 Soak onion slices in ice water for 2 to 3 minutes; drain on paper towels and separate into rings.

- 3 In a large bowl, toss salad greens with bacon, onion, diced avocado and tomatoes.

- 4 Sprinkle with vinaigrette (directions to follow) and toss to coat evenly. Divide salad equally among 4 plates. Top

each serving with a fan of thinly sliced avocado. Sprinkle with capers and serve immediately.

- 5 **Vinaigrette:** In a small bowl, whisk together oil, vinegar, lemon juice, mustard, garlic, salt and pepper to taste. Whisk vigorously to combine.

Refrigerate until use.

► **EMILY RICHARDS (EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY)**

CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION

Ingredients:

- 8 slices bacon, diced into 2.5-cm (1-inch) pieces
- 30 ml (2 tbsp) large capers, thoroughly drained and patted dry

- 4 thin slices of red onion
- 3 L (12 cups) assorted lettuces such as romaine, arugula, and watercress
- 1 ripe fresh avocado, seeded and peeled, cut one into 1-cm/1/2-inch dice

- 1 ripe fresh avocado, seeded and peeled, quartered and thinly sliced
- 4 tomatoes, diced

Vinaigrette

- 125 ml (1/2 cup) olive oil
- 30 ml (2 tbsp) apple cider

- vinegar
- 1 lemon, juiced
- 10 ml (2 tsp) Dijon mustard
- 2 cloves garlic, crushed or minced
- Salt ground black pepper

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DATING ECONOMICS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Someday, your financial situation will impact the future of your life partner. So, let's face it; no one wants to date a financial dope.

Bad financial habits such as debt and poor spending patterns reflect a person's values and indicate whether they care about their financial future.

Irresponsible money management is a huge irritant for people who are dating; one person might feel pressured into paying for everything or they may sense their partner isn't committed to a long-term financial plan. This leads to resentment, not butterflies.

It's ultra-sexy to date someone who doesn't tow monetary baggage behind

them and has their financial house in order.

Get organized to rid your debt. Cut up all but one credit card, list out who you owe money to and how much. Negotiate interest rates and consolidate expensive credit card balances.

Trade in your \$3 Italian soda for a free glass of water so you can pay a little extra on the highest interest rate debt. If you're severely overextended with your house or car, downsize both. If you can't keep up with payments, see a credit counsellor.

I don't suggest steering clear of dating while you're reducing debt and growing investments. Rather, put together a responsible money management plan that shows you care about your future. You'll feel much better about yourself so that you can be more yourself when you're in dating mode. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Keeping it in the family

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



How would you like to have a \$500,000 loan outstanding and be in doubt about ever getting it

back? Add in the fact that family members are involved and you have a recipe for financial and relationship disaster.

This is exactly what is facing a couple who wrote to me last week. The loan in question was to their daughter and son-in-law to buy a home.

Recently the daughter quit work to become a stay-at-home-mom. As a result, they can't afford the loan payments and want to "renegotiate."

Just imagine the acrimony that this loan has

birthed. Mom and dad need the income from the loan. The kids are looking for payment relief. Mess.

Many financial experts counsel against lending money to kids, parents or siblings. In a perfect world, I would agree. However, deservicing people often can't get loans for legitimate purposes.

Perhaps they have a short credit history, are self-employed or have experienced job loss or illness.

I won't tell you not to lend money to family members, but keep it businesslike. You will be doing everyone concerned a favour. Here are some guidelines:

1. Know the reason. As the lender you have the right to ask about the purpose of the loan. If you are uncomfortable with where the money is going, keep it in your wallet.



2. Assess affordability. The borrower should draw up a budget proving they can make payments. The lender must ensure they can afford to lend the money and do without the income if the borrower defaults.

3. Put it on paper. A signed agreement should detail principal, interest, payments and the term. For a house purchase, have a legal mortgage drawn up which gives you recourse if

payments aren't made.

4. Get post-dated cheques or set up a separate bank account with an automatic transfer of payments from the borrower. None of this protects you from a family loan gone wrong, but at least you'll have done your best to ensure both sides are clear about the terms.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

PROPER BUSINESS CARD ETIQUETTE

CHARLES THE BUTLER



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CHARLES
MACPHERSON.COM

How does one appear international toward other cultures without actually ever travelling? This is actually easier than you may think.

I'm here in Shanghai, China, and as I observe international culture one thing is evident: local knowledge is power!

In North America and many parts of Europe the business card is not seen as anything of importance, but merely a paper document to facilitate the exchange of business contact details. However, in Asian countries, business cards are considered an exchange of something important, personal and meaningful between two people.

Within Asia it is correct and commonly practiced by

everyone to hand your business card to others in the following fashion.

1. When presenting your card, always use two hands to hold it.

2. When receiving a business card, always use two hands to receive it.

3. Once you receive a business card, always look at the card. Remember this is considered important, so you should honour the person giving it to you by reading it.

4. Hold onto the card and never just discard it. Keep the business card either in your hand or visible on a desk while you are speaking with the person who gave it to you.

So now how does this knowledge relate to you in Canada? Firstly, if someone hands you a business card in this fashion you will know what to do. But more importantly, people will have a positive impression of you, your worldly knowledge and your respect for other cultures.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

the 9 spot

Top 5: October 31st

- 5 Hedley - Invincible
- 4 Cobra Starship ft Sabi - You Make Me Feel...
- 3 Bad Meets Evil ft Bruno Mars - Lighters
- 2 LMFAO - Sexy And I Know It
- 1 Adele - Someone Like You

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4
sports

Quoted



FORMER HALIFAX MOOSEHEADS GOALTENDER MATHIEU CORBEIL IS ON A HOT STREAK. THE 20-YEAR-OLD SAINT JOHN SEA DOGS GOALTENDER HAS THREE SHUTOUTS IN HIS PAST FOUR GAMES SINCE BEING RECALLED BY THE COLUMBUS BLUE JACKETS FOR A ONE-GAME NHL BACKUP STINT ON OCT. 18. HE HAS A QMJHL-LEADING 2.01 GOALS-AGAINST AVERAGE IN 13 STARTS.



Scan code for more sports.



► Defenceman Steve Gillard's return to the Mooseheads lineup has been pushed back for at least another week.

Concussions continue to plague top Moose players

- Setback expected to sideline Steve Gillard for upcoming homestand
- Sniping forward Martin Frk takes week off, faces long road back



MATTHEW WUEST
@METRONEWS.CA

If there's a dark cloud behind the Halifax Mooseheads' current hot streak, it's that two of their best players can't shake their concussion symptoms.

Defenceman Steve Gillard, who has been out for the past nine games, and right-winger Martin Frk, who has missed the entire season, aren't expected back for this weekend's homestand.

It was hoped Gillard would be back on Friday against the Moncton Wildcats, but he suffered a setback on the weekend and will miss at least another week. Frk has been completely off for the past week and appears to be facing a long road back, even once he is finally symptom-free.

"With a concussion, you can't train, you can't stay in shape, so it's been two months that he hasn't worked out," Mooseheads general manager Cam Russell said.

The status of the Mooseheads' other concussed player, goaltender Anthony Terenzio, is not yet known.

On the bright side, forward Andrew Ryan — out since training camp with a broken ankle — is described as "probable" for the weekend. He's been skating in practice for the past two weeks, getting back into game shape, and he accompanied the team on last week's road trip.

The Mooseheads have a 9-1 record in their past 10 games, so the 17-year-old

Ryan will have to earn a spot in a winning lineup.

"Part of our success is that everyone's playing well, our forwards and our defence," Russell said. "We're excited to have our injured guys back but they'll have to earn their spots back and their ice time back."



For more Mooseheads coverage, follow @metroqfiles on Twitter or visit metronews.ca/qfiles.

Critchlow made Q's third star

Halifax Mooseheads captain Cameron Critchlow has been named the QMJHL's third star of the week.

The 20-year-old centre had two goals and four assists in three road wins last week and has 15 points in 17 games overall.

Jonathan Huberdeau of the Saint John Sea Dogs was the first star while Jean-Gabriel Pageau of the Gatineau Olympiques was the second star.

● METRO

QMJHL standings

MARITIMES DIVISION

	W	L	O	Pts
SAINT JOHN	14	5	0	28
HALIFAX	12	5	0	24
MONCTON	9	11	1	19
ACADIE-BATHURST	8	11	2	18
CAPE BRETON	8	11	1	17
P.E.I.	5	11	3	13

EAST DIVISION

	W	L	O	Pts
VICTORIAVILLE	14	6	1	29
SHAWINIGAN	12	5	3	27
QUEBEC	11	3	3	25
CHICOUTIMI	9	7	5	23
BAIE-COMEAU	11	6	0	22
RIMOUSKI	11	8	0	22

WEST DIVISION

	W	L	O	Pts
VAL-D'OR	9	10	2	20
BLAINVILLE-BOIS	9	10	1	19
GATINEAU	9	9	0	18
DRUMMONDVILLE	8	10	1	17
ROUYN-NORANDA	6	12	2	14

QMJHL POINTS LEADERS

RANK	G	A	PTS
1 GOURDE, VIC	12	25	37
2 O'BRIEN, A-BATH	18	18	36
3 BISSONNETTE, A-BATH	19	34	
4 S. TRUDEAU, A-BATH	12	20	32
5 ALEX SAULNIER, MONC	10	20	30
6 MACKINNON, HFX	8	19	27
7 HALLEY, VIC	14	12	26
8 CASAVANT, V-D'OR	13	13	26
9 DUBE, VIC	13	13	26
10 GRIGORENKO, QUE	12	14	26



"You can only get to a certain point in practice. I feel like I'm in good shape. It's not game shape. You can't get that until you play."

COLE HARBOR'S SIDNEY CROSBY

Crosby ruled out for this week's games

It's a no go for Sidney Crosby this week.

And there's no hint when the NHL's marquee star will make his return.

Yesterday, Crosby ruled himself out of playing in either of the Pittsburgh Penguins' games this week, meaning the earliest he could return from the concussion that has sidelined him since January is Nov.

11.

While Penguins coach Dan Bylsma raved about how well Crosby is practising — he said it's at a superstar level — he cautioned that Crosby's recovery still isn't nearly complete.

"If you watch him practice, you see speed and skill at a level that not many of us ever get to,"

Bylsma said. "At the same time, you have to understand the rehab. ... He's at a high level, but he's still in the process of rehabbing."

The Penguins will practise as many as four times both this week and next after playing 13 games in 24 days to start the season.

Because the Penguins had so few practice days in October, Crosby's contact

in practice was minimal. He will not be cleared for game action until he proves to his doctors that he can handle contact in practice.

"It's the same old story," Crosby said. "We haven't had a ton of time to practise, but in the next little while there will be some opportunities."

THE CANADIAN PRESS

La Russa goes out on top

► Cardinals manager announces retirement three days after winning World Series

Tony La Russa retired as manager of the St. Louis Cardinals yesterday, three days after winning a dramatic, seven-game World Series against the Texas Rangers.

"I think this just feels like it's time to end it," the 67-year-old La Russa said at a news conference at Busch Stadium.

The World Series win over Texas was the third of La Russa's 33-year career. The manager guided the Cardinals to the championship despite being 10½ games behind Atlanta on Aug. 25 for the final playoff spot in the National League.

La Russa retires third on the all-time wins list, 35 behind second-place John McGraw. He also won world titles in Oakland in 1989 and St. Louis in 2006 and becomes the first manager to retire immediately after his club won the World Series, according to STATS LLC.

"Other than some of the personal attachments, I feel good," La Russa said. "I feel good that this is the right decision."

La Russa said there wasn't a single factor that led to his decision, but he began having doubts about returning for 2012 midway through the season. In late August he told general manager John Mozeliak and other team officials.

La Russa said the timing of those discussions — about the time the Cardinals



► Tony La Russa, seen here in the dugout during Game 7 of the World Series, is retiring.

appeared to be out of wild card contention before their miraculous run — was pure coincidence. He said he simply felt it was time to go, a feeling that didn't change even as the Cardinals squeaked into the playoffs on the final day of the season, then upset the Phillies, Brewers and Rangers.

He spoke with little emotion at the news conference with one exception, when he paused to compose himself as he thanked his wife, Elaine, and two daughters for put-

ting up without him over much of the past 33 years. But he did say his meeting with players after Sunday's parade and celebration was short but emotional.

"Some grown men cried," La Russa said, then he joked, "I kind of liked that because they made me cry a few times."

Mozeliak said the search has begun to find a new manager for the first time since La Russa was hired prior to the 1996 season.

La Russa answered flatly, "No," when asked if he'll ever manage again. He also

said he had no plans to be a general manager, but said he is open to some sort of baseball job in the future. "Maybe open a book store," he said.

La Russa was a .199 hitter in a brief major league career. He began as a manager with the Chicago White Sox in 1979. He guided the Oakland A's to three straight American League pennants in 1988-1990 and the 1989 World Series title over the Giants.

La Russa was hired by the Cardinals in October 1995, soon after the new

ownership group purchased the team from Anheuser-Busch. His impact was immediate — the Cardinals won the NL Central and came within a game of going to the World Series in 1996, losing to the Atlanta Braves.

Overall, St. Louis went to the playoffs nine times in La Russa's 16 seasons, won pennants in 2004, 2006 and this year, and won two championships, over Detroit in 2006 and this season, rallying to win the final two games over Texas.

THE ASSOCIATED PRESS



Mackanin thinks he can right Red Sox ship

The Boston Red Sox are looking for a strong voice in a clubhouse that disintegrated in September amid reports of players drinking beer and eating fried chicken during games.

Pete Mackanin thinks he might be able to provide it.

"I feel like I have leadership qualities and I feel like I can help this franchise get back to where it once was," he told reporters last night after interviewing to be the Red Sox manager to rebuild from the worst September collapse in baseball history. "Not that it was ever gone from anything, but I guess there was a little hiccup here last year. We're going to put it behind us and move on."

The Red Sox opened their managerial search by interviewing Mackanin, the Philadelphia Phillies bench coach. General manager Ben Cherington says there could be five or six candidates in the first round of interviews.

"It could be more. We're still working on the rest of that list," Cherington said.

The Red Sox parted ways with Terry Francona, who won two World Series in Boston, after he admitted to losing the clubhouse during a 7-20 September that left the ballclub a game short of the playoffs. Asked if he was a players' manager or a disciplinarian, Mackanin said he could be both.

"I think you have to have an element of both sides of that in order to be a good motivator," he said. "I think there's a juggling act that's involved in that, where you have to have enough discipline but at the same time let the players play easy. You don't want them tense."

THE ASSOCIATED PRESS

Sports in brief

Encarnacion will be back

JAYS. The Toronto Blue Jays picked up the option on infielder Edwin Encarnacion yesterday while declining reliever Jon Rauch's 2012 option.

The option on Encarnacion is worth \$3.5 million US.

The 28-year-old appeared in 134 games as a third baseman, first baseman and designated

hitter last season.
THE CANADIAN PRESS

Yankees keep Sabathia

FREE AGENCY. CC Sabathia is staying with the New York Yankees, agreeing yesterday to a new deal that adds \$30 million US to his existing contract.

Sabathia had until midnight to opt out of his current contract, which had \$92 million remaining over the next four years in \$23-million annual salaries.

THE ASSOCIATED PRESS

Torres taking heat for Jay-Z blackface Halloween costume

Phoenix Coyotes forward Raffi Torres is being criticized for wearing blackface while dressed as rapper Jay-Z.

Fans and some media started criticizing Torres and his wife, Gianna, after teammate Paul Bissonnette posted a photo on Twitter of the couple wearing blackface as they dressed up as Jay-Z and Beyoncé Knowles at a team Halloween party Sunday night.



► Raffi Torres dressed as Jay-Z.

Torres wore a Yankees hat, sunglasses and a white T-shirt and his wife wore a

dress with a "baby bump" underneath, a nod to Knowles' pregnancy.

The Coyotes denounced claims that Torres is racist in a statement.

"There was absolutely nothing racist about Raffi and his wife's costumes. Raffi is a huge fan of Jay-Z. ... The fact that this was reported is ridiculous. We will have no further comment," the statement says.

THE CANADIAN PRESS

Will stars align for Blue Jays this winter?

► Plenty of talent in baseball's free-agent pool but big splash does not seem to be Toronto GM Anthopoulos's style

For Blue Jays fans expecting a free-agent spree, there is this dispiriting assessment of the process from GM Alex Anthopoulos.

"It's the worst market to be in," Anthopoulos said this week. "It's also a necessary market to be in in some capacity and at some point. Free agency is our least preferred route (to acquire players)."

Still, the GM did hint that shoring up the bullpen will be a top priority. He spoke of only two positional "needs" this winter — at second base and backup catcher. Beyond that are the "wants."

The reality will likely be low key, but lets pretend the sky is finally the limit inside the Rogers Inc. accounting department.



Prince Fielder

FIRST BASEMAN

If you're new to the game, and you're given a look at Fielder, your first thought is going to be, "He's an athlete?" But the stats over six years prove Fielder's the real deal. Though incumbent 1B Adam Lind may be trade bait, this is the sort of \$150-175 million US gamble that helped sink the previous GM. Anthopoulos won't take it. **Odds 75-1.**



Yu Darvish

STARTING PITCHER

Anthopoulos visited Japan to scout the 25-year-old who some have compared to Justin Verlander. This is the sort of deal Anthopoulos loves — an elite, fully developed player who costs money but not draft picks. It will be a lot of money, likely well north of \$125 million between the posting fee and contract. But it would give the Jays a second star at the top of the rotation. **Odds 5-2.**



Albert Pujols

FIRST BASEMAN

After what was, by his own ludicrous standards, an off year (.299 AVG/.366 OBP/.541 SLG), Pujols is still the ultimate free-agent statement. However, Anthopoulos would certainly and rightly shy away from agent Dan Lozano's "just above A-Rod (10 years, \$275 million)" demands. Anthopoulos already ranks offense as the Jays' strength. **Odds 100-1.**



Aaron Hill Kelly Johnson

SECOND BASEMAN

The Jays have been looking inward to evaluate their roster. By that rationale, Hill may be the better fit. His replacement, Johnson, showed little in Toronto and Hill played well in 33 regular-season games with Arizona (.315/.386/.492). If Arizona doesn't pick up Hill's \$8-million option, he may return. **Odds on Johnson 10-1. Odds on Hill 3-1.**



Jose Reyes

SHORTSTOP

It's a long shot, but Toronto could offer the Met a slightly less heated atmosphere and a strongly Latino clubhouse. Could Reyes play second? Probably. Would he want to strong-arm incumbent Yunel Escobar out of his spot at shortstop? Even more probably. On the offensive side, it'd be a nice problem to have. **Odds 25-1. TORSTAR NEWS SERVICE**

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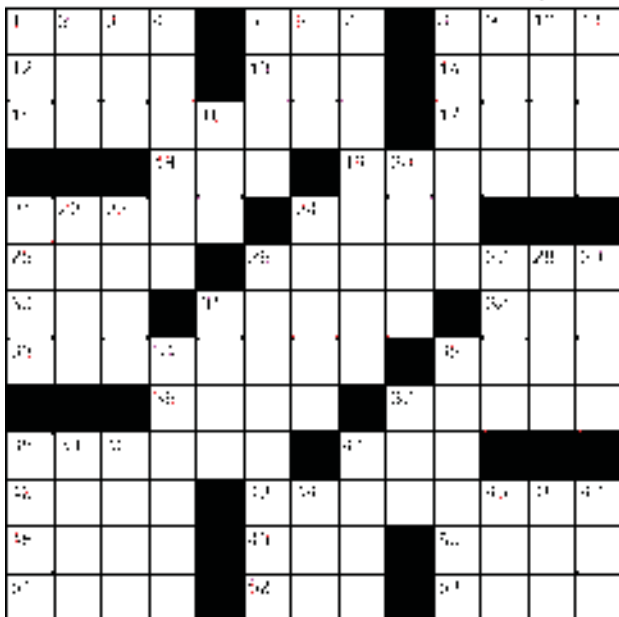
Crossword

Across

- 1 Grand tale
5 Sprite
8 Hindu princess
12 Surrealist Joan
13 Alt. sp., in cross-words
14 — out (supple-mented)
15 Herd's headlong rush
17 String instrument
18 Chaps
19 Climb a pole, per-haps
21 Be philanthropic
24 Brogan or oxford
25 Adolescent
26 Glasses, often
30 Piercing tool
31 Foolish person, slangily
32 Scarlet
33 Incentive
35 Make one's way
36 Oodles
37 Substantial
38 Oats-nuts-fruit mix
41 Fix the soundtrack
42 Eye part
43 Tripped
48 Indira's wrap
49 Youngster
50 Simple
51 Staff leader?
52 Tofu source
53 Memorization method

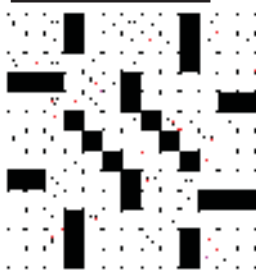
Down

- 1 Type measures
2 Foxhole
3 Savings acronym
4 Usual



- 5 Tied
6 Boy
7 Rejuvenates
8 Critic's write-up
9 Related (to)
10 Night light?
11 Without acting
16 Church seating
20 Comfortable, as ac-commodations (Var.)
21 Greek vowels
22 Mr. Gingrich
23 Sandwich shop
24 Portly
26 Helpless ones?
27 Vicinity
28 Landlord's due
29 Vortex
31 Seabird
34 Mountain range
35 Andrew Lloyd —
37 Silent
38 Uncategorizable (Abbr.)
39 Kazakhstan river
40 Ireland
41 Responsibility
44 Also
45 "7 Faces of Dr. —"
46 Superlative ending
47 Colouring agent

► Yesterday's answer



Today's horoscope

♈ Aries March 21-April 20 What you are being offered may be tempting but think carefully before accepting.

♉ Taurus April 21-May 21 Act as if you own the world today, and everyone will believe that you do.
♊ Gemini May 22-June 21 You will get the chance to make a breakthrough of some kind over the next 24 hours.

♋ Cancer June 22-July 22 You seem remarkably confident at the moment and creatively and professionally there is precious little you cannot do. Select your most important goal and focus on it.

♌ Leo July 23-Aug. 23 No matter what you have done wrong you will be forgiven — provided you hold up your hand and admit your mistake.

♍ Virgo Aug. 24-Sept. 22 The more you socialize the more you achieve.

♎ Libra Sept. 23-Oct. 23 You worked hard for what you earned — it's OK to work hard spending it too.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time trying to get other people's approval for your plans.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Capricorn Dec. 22-Jan. 20

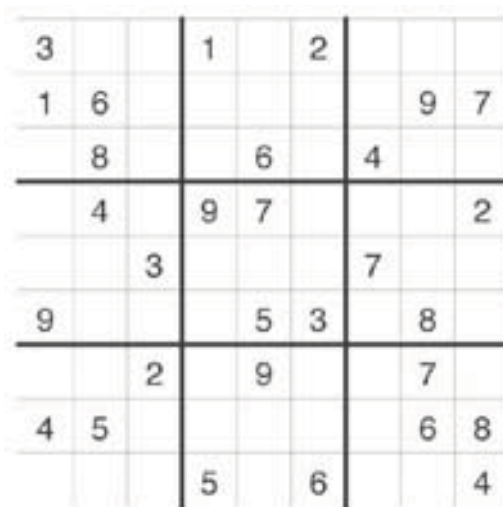
There are lots of people who share your vision — so why not share the workload too?

♒ Aquarius Jan. 21-Feb. 18

You will surprise a few people today by how well you deal with challenges of one sort or another.
♓ Pisces Feb. 19-March 20. You are in no mood to let other people dictate what you can and cannot believe in, and that's good because some of your ideas are so controversial the powers that be may get upset.

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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Caption contest



Let's see that stupid Tortoise do this
RICK

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Samantha L. Jackson, I know you are well, and doing great. Was thinking of you, as I do everyday. Love you greatly~
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Christian, Here's to two years of pure bliss. Thank you for all the late nights you stayed up just to chat with me. I love you more than anything in this world. I know that you will always be the one who brightens my day.

YOUR LITTLE SHISHI

MoonGal, Ever since I have seen you, I knew you are the most beautiful woman on this universe. I easily get hypnotized by your look. That smile of yours is the reason why I keep shining everyday. Love you always n forever. Don't ever be sad, Keep glowing:)

THE SUN



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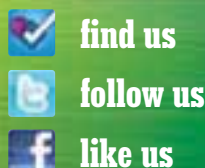
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